



# ***Moms & Kids Need Iron***

## ***What Is Iron?***

Iron is a mineral. You get it from the foods you eat. Iron becomes part of your blood and carries oxygen in your body.

A pregnant woman needs extra iron to help her baby grow. Infants and children need extra iron because they are growing quickly.

## ***What Happens if You Don't Get Enough Iron?***

The amount of iron in your blood gets low. This is called iron deficiency anemia or just anemia.

Anemia can make you or your child:

- Look pale, feel tired or act cranky.
- Eat poorly.
- Not grow well.
- Get sick and catch colds more easily.
- Have trouble learning.

# How Can You Get Enough Iron?

- Eat high-iron foods like meats and WIC cereals every day.
- Add a little bit of meat to other foods like a hot dish or spaghetti with meat sauce. This helps your body use the iron in the other foods.
- Eat foods high in vitamin C like fruits and juices when you eat iron foods. Drink juice with your breakfast cereal.
- Remember to take any vitamin or iron pill your health-care provider prescribes.
- Limit milk to two 8-ounce cups a day for children. Milk is nutritious but has almost no iron.
- Try not to drink tea with your meals. It can keep your body from using iron.
- Crush high-iron flake cereal like Total and use it in meatloaf or burgers instead of crackers or as a crunchy topping for casseroles.

## Iron Foods

- Meat – liver, beef, chicken, turkey, pork
- WIC cereals
- Infant cereal
- Cooked dry beans and peas
- Spinach
- Prune juice and prunes
- Dried apricots and raisins
- Enriched breads and grains



WIC Because  
You Care

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